

Guide to Resources and Support Groups

*In
Washington
State*



*Aging and
Adult Services
Administration*

Guide to Resources and Support Groups

How To Find Local Support Groups

The information telephone numbers listed by county can help you find local support and help. They will have information about support groups, community resources, and services within your geographical area.

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No person, because of race, color, national origin, creed, religion, sex, age, or disability, shall be discriminated against in employment, services or any aspect of the programs' activities.

This guide furnishes information on organizations which provide support to people with disabilities or illnesses, and their caregivers.

The regional, state, and national associations often have publications that can tell you more about their areas of concern. They may have catalogs listing adaptive devices to help with activities of daily living.

They can also refer you to specialized health care professionals and in some cases help financially, such as with equipment loans. They are a good resource to learn more about a specific condition or disease.

The first section lists state and national associations by category; you can use this to find the associations that you may wish to contact.

The second section lists these same associations alphabetically. We have included association information available at the time of publication.

The third section lists, by county, telephone numbers to contact for more local information.

The General Help Line will have information about a wide array of services in the community.

The Senior Information and Assistance number is for people who are age 60 and older and will have specific information about programs for senior citizens.

This directory is current as of Summer 1997, but telephone numbers and resource associations can change. Also, please be aware that many national associations use telephone answering machines, rather than receptionists, and it may take several weeks for printed materials to reach you. Resources in this publication are not necessarily endorsed by Aging and Adult Services Administration.

Aging and Adult Services Administration has a toll-free HelpLine that you can call for information. The number is 1-800-422-3263. You can also call the TDD 1-800-737-7931. If you know of other organizations that should be included in future editions, call 360-493-2632.



AIDS	AIDS Discrimination AIDS Hotline Office on HIV/AIDS
Alcohol/Drug	Al-Anon Alcohol/Drug 24-Hour Help Line American Council on Alcoholism, Inc. Emergency-Cocaine Helpline National Association for Children of Alcoholics National Clearinghouse for Alcohol and Drug Information National Council on Alcoholism and Drug Dependence
Alzheimer's Disease	Alzheimer's Association of Central and Western Washington Alzheimer's Disease and Related Disorders Eastern Washington Chapter Alzheimer Society of Washington
Arthritis	Arthritis Foundation National Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse
Blindness/Vision	American Council of the Blind American Foundation for the Blind American Optometric Association Better Vision Institute The Lighthouse National Center for Vision and Aging National Eyecare Project Prevent Blindness America Washington Library for the Blind and Physically Handicapped Washington Services for the Blind Washington State School for the Blind
Cancer	American Cancer Society, Cancer Response System Cancer Information Service Skin Cancer Foundation Y-Me National Breast Cancer Organization
Caregivers	American Associated of Retired Persons Children of Aging Parents National Council on the Aging, Inc. National Eldercare Locator National Hospice Organization

Deafness/Hearing

American Speech-Language-Hearing Association
 American Tinnitus Association
 Better Hearing Institute
 International Hearing Society
 National Association of the Deaf
 National Information Center on Deafness
 National Institute on Deafness and Other Communication
 Disorders Information Clearinghouse
 Office of Deaf and Hard of Hearing Services
 Self-Help for Hard of Hearing People, Inc.
 Vestibular Disorders Association

Developmentally Disabled

Association for Retarded Citizens of Washington
 Developmental Disabilities Services

Diabetes

American Diabetes Association
 American Podiatric Medical Association
 National Diabetes Information Clearinghouse

Disabled

American Paralysis Association
 Amputee Outreach
 Disabled American Veterans
 Easter Seal Society
 National Rehabilitation Information Center
 Washington Assistive Technology Alliance
 Washington Library for the Blind and Physically Handicapped
 Washington State Head Injury Foundation

Epilepsy

Epilepsy Association of Western Washington
 Epilepsy Foundation of America

Gastro-intestinal

Colitis and Ileitis Foundation
 Crohn's and Colitis Foundation
 National Digestive Disease Information Clearinghouse

Heart

American Heart Association
 National Heart, Lung and Blood Institute

Genito-urinary Impotence Information Center
 Incontinence Information Center
 National Association for Continence
 Prostate Information Center
 Simon Foundation for Incontinence

Information, General
 American Association of Retired Persons
 Consumer Health Information Network Library
 Consumer Information Center
 Consumer Product Safety Commission
 National Council on the Aging, Inc.
 National Eldercare Locator
 National Health Information Center
 National Institute on Aging Information Center
 Social Security/Medicare Information

Kidney/Liver American Kidney Fund
 American Liver Foundation
 National Kidney and Urologic Diseases Information Clearinghouse
 National Kidney Foundation

Mental Health Association for Retarded Citizens of Washington
 National Depressive and Manic-Depressive Association
 National Mental Health Association Information Center
 Washington Advocates for the Mentally Ill
 Washington Community Mental Health Council

Neuro-muscular American Paralysis Association
 Easter Seal Society
 Epilepsy Foundation of America
 Huntington's Disease Society of America, Inc.
 International Tremor Foundation
 Muscular Dystrophy Association
 National Headache Foundation
 National Multiple Sclerosis Society
 Washington State Head Injury Foundation

Osteoporosis National Osteoporosis Foundation
 Osteoporosis and Related Bone Diseases-National Resource Center

Parkinson's Disease

American Parkinson Disease Association
 National Parkinson Foundation, Inc.
 Parkinson's Disease Foundation
 United Parkinson Foundation

Protection/Advocacy

Adult Protective Services
 American Red Cross
 Center for Study of Pharmacy and Therapeutics for the Elderly
 Complaint Resolution Unit, AASA, DSHS
 Human Rights Commission
 Long-Term Care Ombudsman Program
 Medic Alert
 National Center on Elder Abuse
 National Self-Help Clearinghouse
 Washington Protection and Advocacy System

Residential Care

American Association of Homes and Services for the Aging
 National Association for Home Care
 National Hospice Organization
 Washington Association of Homes for the Aging
 Washington Health Care Association

Respiratory

American Academy of Allergy and Immunology
 American Lung Association of Washington
 Asthma and Allergy Foundation of America
 National Jewish Center for Immunology and Respiratory Medicine
 Office on Smoking and Health

Stroke

Courage Stroke Network
 National Institute of Neurological Disorders and Stroke
 National Stroke Association

Other

American Podiatric Medical Association
 Center for Study of Pharmacy and Therapeutics for the Elderly
 Lupus Foundation of America, Inc.
 National Institute of Allergy and Infectious Diseases
 National Organization for Rare Disorders, Inc.
 National Self-Help Clearinghouse
 National Sleep Foundation
 National Women's Health Network
 Weight-Control Information Network

AIDS Discrimination

U.S. Office for Civil Rights

1-800-362-1710

206/615-2296

Washington State Human Rights Commission

Olympia, WA 1-800-233-3247

Eastern WA 1-800-662-2755

1-800-300-7525 (TTY)

AIDS Hotline (Washington State)

1-800-272-2437

AIDS Hotline (National)

1-800-342-2437 (English)

1-800-344-7432 (Spanish)

1-800-243-7889 (TDD)

Provide general education and referrals to local organizations for test sites, support groups, and housing.

Adult Protective Services (Department of Social and Health Services)

Call your local Home and Community Services office, listed in the phone book under "Washington State."

Investigates abuse, neglect, exploitation, and abandonment of adults 18 years or older.

Al-Anon Family Group Headquarters, Inc.

1600 Corporate Landing Parkway

Virginia Beach, VA 23456

804/563-1600

Organization devoted to helping families of alcoholics. Separate program for teenagers is called Alateen. Has brochures in English, Czechoslovakian, Danish, Esperanto, Flemish, French,

German, Hebrew, Hungarian, Italian, Japanese, Korean, Lithuanian, Norwegian, Portuguese, Russian, and Spanish.

For meeting times call

Al-Anon Info Service

1402 Third Avenue

Vance Building, Room 803,

Seattle, WA 98101

206/625-0000

Al-Anon Information Service /Bookstore

2200 Broadway, Suite 1

Vancouver, WA 98663

360/693-5781

Alcohol/Drug 24-Hour Help Line

P.O. Box 18317

Seattle, WA 98118-0317

206/722-3700

1-800-562-1240

Provides information and referrals about chemical dependency treatment, twelve-step programs, private counselors, DWI and legal problems, and medical problems. Has information about alcohol and other drugs.

Alzheimer's Association of Central and Western Washington

120 Northgate Plaza, #316

Seattle, WA 98125

206/783-6600

1-800-848-7097

Sponsors support groups, educational forums, literature, lending library, and statewide information and referral.

Alzheimer's Disease and Related Disorders Eastern Washington Chapter

N. 5125 Market Street
Spokane, WA 99207
509/483-8456

Offers support groups, educational materials, and statewide information and referral. There is a lending library of videos and books; also has speakers and publishes a quarterly newsletter.

Alzheimer Society of Washington

P. O. Box 4104
Bellingham, WA 98227
360/671-3316

Sponsors self-help groups, publishes a monthly newsletter, and furnishes in-service training for providers. Also advocates for services for persons with Alzheimer's disease and their caregivers. Maintains a library of resource materials and sponsors caregiver conferences each year.

American Academy of Allergy and Immunology

611 E. Wells Street
Milwaukee, WI 53202
1-800-822-2762

American Association of Homes for the Aging

901 E Street NW, Suite 500
Washington, DC 20004-2037
202/738-2242

American Association of Retired Persons (AARP)

9750 Third Avenue NE, Fourth Floor
Seattle, WA 98115
206/526-7918
1-800-424-3410

Provides education and support programs: Work Force, Women's Financial, 55 Alive. Advocates for state and national legislative issues. Also provides information and referral on most senior concerns.

American Cancer Society, Cancer Response System

2120 First Avenue N.
Seattle, WA 98109
206/283-1152
1-800-227-2345

Provides information and referral for cancer-related topics. Maintains support groups and classes, educational materials for the lay public and health professionals, and a referral system.

American Council on Alcoholism, Inc.

2522 St. Paul Street
Baltimore, MD 21218
410/889-0100

Dedicated to educating the public to view alcoholism and problem drinking as conditions which are responsive to intervention and treatment. Provides publications, professional literature, and alcohol education for drivers.

American Council of the Blind

1155 15th Street NW, Suite 720
Washington, DC 20005
202/467-5081
1-800-424-8666

Provides information and referral; scholarship assistance; public education and awareness training; support and legal assistance to consumer advocates; leadership and legislative training; and a free magazine, *The Braille Forum*.

**American Diabetes Association
Washington Affiliate**

557 Roy Street, Lower Level
Seattle, WA 98109
206/282-4616
1-800-628-8808

Provides educational meetings and support groups, patient referral, and a free lending library of books and videotapes. Material is available in Spanish, Chinese, Tagalog, Korean, and Vietnamese. Also provides services for youth: camps, social and educational programs, and in-school diabetes education.

**American Foundation
for the Blind**

15 West 16th Street
New York, NY 10011
Western Regional Center
San Francisco, CA
415/392-4845
1-800-232-5463

Provides education and resources to people who are blind or visually impaired. Catalogs available for publications and assisting devices.

American Heart Association

Northwest Area Office
4414 Woodland Park Avenue North
Seattle, WA 98103
206/632-6881
1-800-562-6718

Offices have audiovisual materials, nutrition programs, speakers' bureaus, and general information about heart disease risk reductions. Provides referrals to cardiac rehabilitation programs and other local resources.

Eastern Area Office

South 9 Washington, Suite 215
Spokane, WA 99204
509/536-1500

Southwest Area Office

16 Tacoma Avenue North
Tacoma, WA 98403
253/272-7854

American Kidney Fund

6110 Executive Boulevard, Suite 1010
Rockville, MD 20852
301/881-3052
1-800-638-8299

Provides grants to financially-needy patients and educational programs and resource information to health care professionals. Provides public education materials and organ donor materials.

American Liver Foundation

1425 Pompton Avenue
Cedar Grove, NJ 07009
201/256-2550
1-800-223-0179

Provides medical education programs and encourages research into diseases of the liver, gall bladder and bile ducts. Assists patients and families in coping with liver diseases.

American Lung Association of Washington

2625 3rd Avenue
Seattle, WA 98121-1213
206/441-5100
1-800-586-4872

Has support groups for people with chronic lung disease.

Tacoma Regional Office

223 Tacoma Avenue
Tacoma, WA 98402-2513
253/272-8777

Yakima Regional Office

Providence Yakima Medical Center
110 S. 9th Avenue
Yakima, WA 98902
509/248-4384
Spokane Regional Office
W. 316 Boone St., Suite 21
Spokane, WA 99201
509/325-6516

American Optometric Association

Communications Center
243 N. Lindbergh Blvd.
St. Louis, MO 63141
314/991-4100

Publishes consumer education materials on eye care topics. Single copies are free.

American Paralysis Association

500 Morris Avenue
Springfield, NJ 07081
201/379-2690
1-800-225-0292

Maintains Spinal Cord Injury HOTLINE, which helps callers search for support and resources. Call 1-800-526-3456.

American Parkinson Disease Association

1250 Hylan Blvd., Suite 4B
Staten Island, NY 10305
1-800-223-2732
206/543-5369 (Washington State)

Sponsors support groups and information and referral centers and publishes a newsletter and other educational manuals.

American Podiatric Medical Association

Department FC 9312
Old Georgetown Road
Bethesda, MD 20814-1698

Catalogue of printed and audiovisual materials, as well as lists of products qualified for Seal of Acceptance and Approval of APMA. For referrals to individual doctors of podiatric medicine, call 360/479-2345.

American Red Cross

P. O. Box 37243
Washington, DC 20013
202/737-8300

Provides disaster relief, health and safety services and courses, social services, blood services, transplantation services, and AIDS education.

American Speech-Language-Hearing Association

10801 Rockville Pike
Rockville, MD 20851
1-800-638-8255

Provides information about communication disorders and referrals to speech-language pathologists and audiologists.

American Tinnitus Association

PO Box 5
Portland, OR 97207-0005
503/248-9985

Supports research and education related to treatment and cure of tinnitus, or "ear-ringing". Publishes many informational brochures, tapes, and videos.

Amputee Outreach

206/481-6523

Sends visitors to recent amputees at home, in hospitals, or in nursing homes to counsel and share experiences.

Arthritis Foundation

100 S. King Street, Suite 330
Seattle, WA 98104
1-800-283-7800

Provides information on support groups and aquatic programs; has brochures on arthritis and related diseases.

**Asthma and Allergy
Foundation of America**

1125 15th Street, N.W., Suite 502
Washington, D.C. 20005
202/466-7643

Supports patient and public education programs and has a network of chapters and support groups. Also publishes brochures and a bi-monthly patient education newsletter.

**Association for Retarded
Citizens of Washington**

360/357-5596

Provides information and referral to local chapters for services.

Better Hearing Institute

PO Box 1840
Washington, DC 20013
1-800-EAR-WELL (Voice/TDD)

Informs people with impaired hearing, as well as the general public, about hearing loss and available help through medicine, surgery, amplification, and other rehabilitation.

Better Vision Institute

1800 N. Kent Street, Suite 904
Rosslyn, VA 22209
1-800-424-8422

Has information on a number of topics related to sight and eye care.

Cancer Information Service

31 Center Drive MSC 2580
Building 31, Room 10A16
Bethesda, MD 20892-2580
1-800-4-CANCER (1-800-422-6237) (Voice)
1-800-332-8615 (TTY)

Can provide specific information in English and Spanish about particular types of cancer, as well as information on how to obtain second opinions and the availability of clinical trials.

**Center for the Study of Pharmacy and
Therapeutics for the Elderly**

University of Maryland at Baltimore
20 North Pine Street
Baltimore, MD 21201-1180
410/706-4243

Publish brochures about prescription drugs, generic drugs, over-the-counter medications, and other health issues relevant to older people.

Children of Aging Parents

1609 Woodbourne Road, Suite 302-A
Levittown, PA 19057
215/945-6900

Provides information on Washington State resources for caregiver support groups, as well as how to find a caregiver support group. Has brochures with information for caregivers.

Colitis and Ileitis Foundation

386 Park Avenue South, 17th floor
New York, NY 10016
212/685-3440

Complaint Resolution Unit

1-800-562-6078
1-800-737-7931(TDD)

Complaints about care in nursing homes, Adult Family Homes, and state-contracted Assisted Living and Adult Residential Care can be reported.

Consumer Health Information Network Library

400 NE Mother Joseph Place
Vancouver, WA 98668
360/256-2045 (Voice)
360/256-4180 (TDD)

Helps individuals locate current health-related information, including books, pamphlets, magazines, and videotapes.

Consumer Information Center

Pueblo, CO 81009
719/948-4000
<http://www.pueblo@gsa.gov>

Established to help Federal agencies and departments develop, promote and distribute consumer information to the public. Request a free copy of *Consumer Information Catalog*.

Consumer Product Safety Commission

Washington, DC 20207
1-800-638-2772 (English/Spanish)

Produces publications on safety in the home (poison prevention, electrical safety, fire safety, home heating equipment, indoor air quality) and outdoors.

Courage Stroke Network

1-800-553-6321
Provides information and referral.

Crohn's and Colitis Foundation

386 Park Avenue South, 17th floor
New York, NY 10016-8804
1-800-932-2423

Raises funds for research and provides education and support services.

Developmental Disabilities Services-State Residential Rehabilitation Centers

360/753-0541
1-800-637-5627 (Voice and TDD)

Refers to regional office for case management, residential and community support, employment, and family support.

Disabled American Veterans

PO Box 14301
Cincinnati, Oh 45250-0301
606/441-7300

Counsel veterans and their families on veterans' benefits and services. Also function as attorneys-in-fact and assist veterans in filing claims for VA disability compensation, death benefits, pension, and other benefits.

Easter Seal Society

521 Second Avenue W.
Seattle, WA 98119
206/281-5700 (Voice/TDD)
1-800-678-5708

Provides services to people with disabilities, including camping and therapeutic recreation, therapeutic horseback riding, respite care, housing assistance and modification, medical equipment, polio outreach, stroke resource information and support, information and referral, and vocational rehabilitation.

Spokane Regional Office

West 606 Sharp
Spokane, WA 99201
509/326-8292 (Voice/TDD)

Provides services to people with disabilities, including: durable medical equipment loan and lease; vocational rehabilitation; information and referral; dental referral; computer loan; and assistive technology.

Emergency-Cocaine Helpline

1-800-262-2463

General information on any drug; referral to inpatient and outpatient services and self-help support groups for drug abuse.

Epilepsy Association of Western Washington

200 W. Thomas, Suite 105
Seattle, WA 98119
206/286-4440
1-800-752-3509

Provides direct services for people with epilepsy. Maintains public education programs, self-help groups, parents' programs, and community support project with King County.

Epilepsy Foundation of America

1-800-332-1000

Provides referral to doctors, social services, and legal organizations; maintains information and drug discount program.

Human Rights Commission

1-800-662-2755 (Eastern Washington)
1-800-233-3247 (Western Washington)

Investigates discrimination in employment, real estate transactions, insurance, credit, and places of public accommodation.

Huntington's Disease Society of America, Inc.

140 West 22nd Street, 6th Floor
New York, NY 10011-2420
206/469-6512 (Washington Chapter)
<http://neuro-www2.mgh.harvard.edu/hdsa/hdsamain.ncl>

Produces many publications and videotapes about this disease and caregiving.

Impotence Information Center

P. O. Box 9
Minneapolis, MN 55440
1-800-843-4315

Provides information about the causes and treatments of impotence, including a list of physicians within the caller's geographic area who treat impotence.

Incontinence Information Center

P. O. Box 9
Minneapolis, MN 55440
1-800-543-9632

Provides information about the causes and treatments of incontinence, including a list of physicians within the caller's geographic area who treat incontinence.

International Hearing Society

20361 Middlebelt Road
Livonia, Michigan 48152
1-800-521-5247 (Hearing Aid Helpline)

Can provide information about hearing loss and hearing aids.

International Tremor Foundation

833 West Washington Boulevard
P. O. Box DR
Chicago, IL 60607
312/733-1893

Provides written information on essential tremor, a neurologic disorder in which patients exhibit a rhythmic trembling of the hands, head, legs, trunk, and/or voice. Also maintains a referral network of specialists.

The Lighthouse National Center for Vision and Aging

111 E. 59th Street
New York, NY 10022-1202
1-800-334-5497 (Voice/TDD)

Information about age-related eye disorders, vision rehabilitation options, training for independent living, self-help groups for people with vision impairments, and how to locate services across the US. Produces catalog of educational publications and videos and a catalog of non-optical products helpful for people with low vision.

Long-Term Care Ombudsman Program

1-800-562-6028

Mediates disputes for residents of long-term care facilities; provides information about legal rights and resources for residents of nursing homes, boarding homes, and adult family homes.

Lupus Foundation of America, Inc.

4 Research Place, Suite 180
Rockville, MD 20850-3226
1-800-558-0121

Distributes literature relating to lupus.

Medic Alert

2323 Colorado Avenue
Turlock, CA 95382
1-800-825-3785

Emblem is worn as bracelet or necklace with words "Medic Alert". On the reverse side are engraved the special medical conditions of the wearer, the wearer's ID, and Emergency Response Center telephone number. Emergency personnel can call this number around the clock and receive the member's computerized medical record.

Muscular Dystrophy Association

206/283-2183 (Seattle)
509/455-4501 (Spokane)

Maintains clinics with doctors and transportation; also orthopedic equipment, support groups, physical therapy, and occupational therapy; serves patients of 40 diseases associated with neuro-muscular disease. Also serves people with ALS.

National Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse

1 AMS Circle
Bethesda, MD 20892-3675
301/495-4484 (Voice)
301/565-2966 (TTY)
<http://www.nih.gov/niams>

Produces brochures and information packages on many different forms of arthritis and numerous diseases of the musculoskeletal system and of the skin.

National Association for Children of Alcoholics

11426 Rockville Pike, Suite 100
Rockville, MD 20852
301/468-0985
1-888-554-2627

National Association for Continen-

ce
P. O. Box 8310
Spartanburg, SC 29305-8310
803/579-7900
1-800-BLADDER

Provides education, advocacy, and support to the public and health profession about causes, prevention, and management alternatives for incontinence.

National Association of the Deaf

814 Thayer Avenue
Silver Spring, MD 20910-4500
301/587-1788 (Voice)
301/587-1789 (TTY)
NADH@juno.com<http://www.nad.org>

The Public Information Center responds to requests for information about deafness and related subjects and makes referrals. The Law Center handles legal matters important to the deaf and hard of hearing community. NAD also publishes a national newspaper.

National Association for Home Care

519 C Street NE
Stanton Park
Washington, DC 20002

National Center on Elder Abuse

810 First Street, N.E., Suite 500
Washington, DC 20002-4267
<http://interinc.com/NCEA>
202/682-2470

Among other activities, this center responds to inquiries about elder abuse from the public.

National Clearinghouse for Alcohol and Drug Information

PO Box 2345
Rockville, MD 20847-2345
1-800-487-4889 (English/Spanish)
<http://www.health.org>

Distributes studies, guide, videocassettes, and other information on substance abuse.

National Council on the Aging, Inc.

NCOA Publications
P. O. Box 7227, Ben Franklin Station
Washington, DC 20044

National Council on Alcoholism and Drug Dependence, Inc.

12 West 21st Street
New York, NY 10010
1-800-NCA-CALL
<http://www.ncadd.org>

Publishes a monthly public policy newsletter, a quarterly information newsletter, and fact sheets, brochures, and video tapes.

National Depressive and Manic- Depressive Association

730 North Franklin St., Suite 501
Chicago, IL 60610
1-800-82-NDMDA

Provides outreach and support through local chapters, education, and advocacy.

National Diabetes Information Clearinghouse

1 Information Way
Bethesda, MD 20892-3560
301/654-3327
ndic@aerie.com

Provides information about diabetes to people with diabetes and their families. Produces many publications.

National Digestive Diseases Information Clearinghouse

Box NDDIC
Bethesda, MD 20892
301/654-3810
nddic@aerie.com

Dedicated to increasing knowledge about digestive diseases and health among patients, families, health care professionals, and the general public.

National Eldercare Locator

1-800-677-1116

Help identify community resources for seniors anywhere in the United States.

National Eyecare Project

1-800-222-EYES

Participating doctors provide medical eye exams and treatment to persons age 65 or older.

National Headache Foundation

428 W. St. James Place, 2nd Floor
Chicago, IL 60614-2750
1-800-843-2256

Has extensive information about headaches, prevention, and treatments. Serves as information resource and promotes research into potential headache causes and treatments.

National Health Information Center

1-800-336-4797

Provides referral services for health topics.

National Heart, Lung, and Blood Institute Information Center

PO Box 30105
Bethesda, MD 20824-0105
1-800-575-WELL (Information line on heart health, English and Spanish)

Publishes educational materials on cardiovascular problems, pulmonary problems, and blood diseases.

National Hospice Organization

1901 North Moore Street, Suite 901
Arlington, VA 22209
1-800-658-8898

Provides referral information about hospices in the caller's area. Also provides educational programs, technical assistance, and training curricula.

National Information Center on Deafness

Gallaudet University
800 Florida Avenue NE
Washington, DC 20002-3695
202/651-5051 (voice)
202/651-5052 (TTY)
nicd@gallux.gallaudet.edu

Collects, develops, and disseminates information on deafness, hearing loss, and services and programs related to people with hearing loss. Has many publications.

National Institute of Allergy and Infectious Diseases

Office of Communications
Building 31, Room 7A50
31 Center Drive MSC 2520
Bethesda, MD 20892-2520
301/496-5717

Publishes free pamphlets in English and Spanish on AIDS, allergies, rabies, and sexually transmitted diseases.

National Institute on Aging Information Center

P. O. Box 8057
Gaithersburg, MD 20898
1-800-222-2225
1-800-222-4225 (TTY)

Offers publications and fact sheets on diseases and disorders, health promotion, and medical care. Targeted audiences are health professionals, older people, and family members.

National Institute on Deafness and Other Communication Disorders Information Clearinghouse

1 Communication Avenue
Bethesda, MD 20892-3456
1-800-241-1044 (Voice)
1-800-241-1055 (TDD)

Provides information and resources on the normal and disordered mechanisms of hearing, balance, smell, taste, voice, speech, and language.

National Institute of Neurological Disorders and Stroke

P. O. Box 5801
Bethesda, MD 20824
1-800-352-9424
<http://www.nih.gov/ninds/>

Publications list includes many publications for patients and families on neurological disorders.

National Jewish Center for Immunology and Respiratory Medicine

1400 Jackson Street
Denver, CO 80206
1-800-222-LUNG

Specializes in treating and researching respiratory and immune system disorders. Registered nurses can answer questions on toll-free line; also distributes literature.

National Kidney Foundation

30 East 33rd Street
New York, NY 10016
1-800-622-9010

Provides informational brochures.

National Kidney and Urologic Diseases Information Clearinghouse

3 Information Way
Bethesda, MD 20892-3580
301/654-4415
nkudic@aeerie.com

Provides information about disease of the kidneys and urologic system.

National Mental Health Association Information Center

1021 Prince Street
Alexandria, VA 22314-2971
1-800-969-6642

Publishes newsletters and educational brochures.

National Multiple Sclerosis Society

2328 Sixth Avenue
Seattle, WA 98121
1-800-800-7047

Provides telephone information and referral, equipment assistance (loan and subsidy), counseling, education, advocacy, exercise programs, and support groups.

Central Washington Chapter

P. O. Box 1093
Yakima, WA 98907-1093
509/248-2350
1-800-736-7312

Inland Northwest Chapter

818 E. Sharp
Spokane, WA 99202
509/482-2022
1-800-726-2826

National Organization for Rare Disorders, Inc.

P. O. Box 8923
New Fairfield, CT 06812-8923
203/746-6518 or 1-800-999-6673

Serves as a clearinghouse for information about rare disorders; educates the public and professionals and supports research on rare disorders.

National Osteoporosis Foundation

1150 17th Street NW, Suite 500
Washington, DC 20036-4603
1-800-231-4222
<http://www.nof.org>

For information and help to form a support group, contact Liz Stone 312/464-5110.

Provides information, education, and support regarding osteoporosis.

National Parkinson Foundation, Inc.

1501 N. W. 9th Avenue
Miami, FL 33136-1494
1-800-327-4545

Offers public education, disseminates information through brochures, and raises public awareness of Parkinson's disease.

National Rehabilitation Information Center

202/635-5826 or 1-800-346-2742

Publishes newsletters, resource guides, and program directory.

National Self-Help Clearinghouse

25 West 43rd Street, Room 620
New York, NY 10036
212/642-2944

Encourages and conducts training about working with self-help groups; publishes manuals, training materials, and a newsletter.

National Sleep Foundation

1367 Connecticut Avenue, NW,
Suite 200
Washington, DC 20036
202/347-3471

National referral service; publishes information on sleep and sleep disorders, and sponsors National Narcolepsy Registry.

National Stroke Association

96 Inverness Drive East, Suite 1
Englewood, CO 80112-5112
1-800-STROKES
<http://www.stroke.org>

Offers print and audio-visual materials on stroke prevention, treatment, and rehabilitation

National Women's Health Network

514 10th Street, NW, Suite 400
Washington, DC 20004
202/628-7814

Publishes research and information on women's health issues.

Office of Deaf and Hard of Hearing Services

P. O. Box 45300
Olympia, WA 98504-5300
360/753-0703
360/753-0699 (TDD)

Information about service centers throughout the state for the deaf and hard of hearing.

Office on HIV/AIDS

P. O. Box 47840
Olympia, WA 98504-7840
360/586-0426
1-800-272-2437

Provides information and referral, answers questions, distributes informational material and operates a video loan library. Provides access to Office of Client Services, which assists with early intervention and statewide case management.

Office on Smoking and Health

National Center for Chronic Disease Prevention and Health Promotion Publications Catalog, Mail Stop K-50
4770 Buford Highway, N.E.
Atlanta, GA 30341-3724
1-800-CDC-1311 (Spanish and English)
<http://www.cdc.gov/nccdphp/osh/tobacco.htm>

Contact them for a catalog of free publications.

Osteoporosis and Related Bone Diseases - National Resource Center

1150 17th Street, NW, Suite 500
Washington, DC 20036-4603
202/223-0344 (Voice)
202/446-4315 (TTY)

Contact them about publications.

Parkinson's Disease Foundation

William Black Medical Research Building,
Columbia-Presbyterian Medical Center
710 West 168th Street
New York, NY 10032
1-800-457-6676

Provides educational literature to patients, caregivers, and health care professionals, as well as support group information, quarterly newsletter, physician referrals, counseling, and advocacy.

Prevent Blindness America

500 East Remington Road
Schaumburg, IL 60173
847/843-2020
1-800-331-2020

Publishes consumer newsletter; provides education, community programs, and research.

Prostate Information Center

P. O. Box 9
Minneapolis, MN 55440
1-800-543-9632

Provides general information about prostate disease, including a list of physicians who treat prostate disease within the caller's geographic area.

Self Help for Hard of Hearing People, Inc.

7910 Woodmont Avenue, Suite 1200
Bethesda, MD 20814
301/657-2248 (Voice)
301/657-2249 (TTY)
71162@compuserv.com

Publishes a journal and information on ADA, other information; provides hearing health care benefit plan and other services.

Simon Foundation

P. O. Box 815
Wilmette, IL 60091
847/ 864-3913
1-800-237-4666

Publishes a quarterly newsletter as well as reprint articles and a book on incontinence.

Skin Cancer Foundation

245 Fifth Avenue, Suite 2402
New York, NY 10016
212/725-5176

This organization is concerned solely with the world's most prevalent malignancy - cancer of the skin. Produces brochures, posters, books, newsletters, and audiovisual materials.

Social Security/Medicare Information

1-800-772-1213

Provides general information and Social Security and Medicare benefits.

United Parkinson Foundation

833 West Washington Boulevard
Chicago, IL 60607
312/733-1893

Provides printed literature, taped materials, and local and national support groups and medical care. You can purchase a three-part set of exercises developed for the PD patient.

Vestibular Disorders Association

P. O. Box 4467
Portland, OR 97208-4467
1-800-837-8428
503/228-8665 (TTY)
veda@teleport.com

Information and support for people with dizziness, balance disorders, and related hearing problems. Has a newsletter, fact sheets and brochures, educational videotapes, and information about vestibular diagnostic centers and physicians.

**Washington Advocates
for the Mentally Ill**

802 NW 70th Street
Seattle, WA 98177-5135
206/789-7722
1-800-782-WAMI

Seeks to improve the quality of direct services for the psychiatric disabled. Provides support groups and information and referral.

**Washington Assistive
Technology Alliance**

606 W. Sharp Avenue
Spokane, WA 99201
509/328-9350 (Voice/TDD)
1-800-214-8731
ewaratrc@poweramp.com

Provides demonstration, referral, education and training to individuals with disabilities, providers, and trainers.

**Washington Association
of Homes for the Aging**

16000 Christensen Road, Suite 303
Seattle, WA 98188
206/248-7434

Has brochure listing members and information about senior living alternatives.

**Washington Community
Mental Health Council**

206/628-4608

Provides information and referral to Community Mental Health Centers in Washington State.

**Washington Department of
Services for the Blind**

1-800-552-7103
Helps people who are blind or visually impaired become and remain independent.

Washington Health Care Association

2120 State NE, Suite 102
Olympia, WA 98506
360/352-3304
1-800-562-6170

Has brochures on nursing facilities and other residential care settings.

**Washington Library for the Blind
and Physically Handicapped**

206/464-6930
1-800-542-0866

Services include readers' services, taping service, Braille, and volunteer services.

**Washington Protection and
Advocacy System**

206/324-1521 (Voice/TDD)
1-800-562-2702 (Voice/TDD)

Advocates for the rights of a person with any disability. Provides attorney services without charge if case is accepted.

Washington State Head Injury Foundation

300 120th Street, NE
Building 3, Suite 131
Bellevue, WA 98005
206/451-0000
1-800-523-5438

Provides help to people with traumatic brain injury and their families through information and referral, advocacy, educational materials, and support networks and groups.

Washington State School for the Blind

360/696-6321

State-funded school for blind children ages 3 through 21 years.

Weight-Control Information Network

1 WIN Way
Bethesda, MD 20892-3665
301/951-1120
WINNIDDK@aol.com

Information on weight control, obesity, and weight-related nutritional disorders.

Y-Me National Breast Cancer Organization

212 West Van Buren
Chicago, IL 60607
1-800-221-2141 or
312/986-8228

Provides hotline services, education, presurgical counseling and referral service, and a newsletter. The above numbers also access a Men's Hotline and a Spanish Hotline.



Adams	Community Counseling Services 165 North First Othello 99344 509-488-5611 120 E. Main Ritzville 509-659-0244	Columbia River Area Agency on Aging 230 N. Georgia East Wenatchee 98802 1-800-572-4459 1-800-833-6388 (TTY)
Asotin	YWCA - Dial Help 300 Main Street Lewiston, Idaho 83501 208-746-9655	Asotin County Senior I&A 549 5th Street, Suite 2 Clarkston 99403 509-758-2355
Benton	Contact P. O. Box 684 Richland 99352 509-943-6606	Benton County Senior I&A 8300 Gage, Suite 4-B, Box 112 Kennewick 99336 509-735-0315 1231 Dudley Avenue Prosser 99350 509-786-3066
Chelan	Crisis Line Chelan-Douglas Mental Health Center P. O. Box 520 Wenatchee 98807 509-662-7105 1-800-852-2923	Columbia River Area Agency on Aging 230 N. Georgia East Wenatchee 98802 1-800-572-4459 1-800-833-6388 (TTY)
Clallam	Crisis Line Peninsula Mental Health Center 118 8th Street Port Angeles 98362 360-452-4500 accepts collect calls	Senior Information and Assistance P. O. Box 1644 Forks 98331 360-374-9496 1-800-801-0070 328 E. 7th, Suite 201 Port Angeles 98362 360-452-3221 1-800-801-0070

Clark	Information and Referral c/o Human Services Council P. O. Box 425 Vancouver 98666 360-694-8899 (V/TTY)	Human Services Council P. O. Box 425 Vancouver 98666-0425 360-694-8144 (V/TTY) 1-800-752-9422 (V/TTY)
Columbia	Columbia County Public Health Dept. 221 E. Washington Street Dayton 99328 509-382-2181	Columbia County Senior I&A P. O. Box 44 Dayton 99328 509-382-4787
Colville Reservation		Colville Indian Area Agency on Aging P. O. Box 150 Nespelem 99115 509-634-8849
Cowlitz	Lower Columbia Mental Health Center 600 Broadway Suite 200 Longview 98632 360-425-5380	Lower Columbia Community Action Council P. O. Box 2129 Longview 98632 360-425-3430
Douglas	Crisis Line Chelan-Douglas Mental Health Center P. O. Box 520 Wenatchee 98807 509-662-7105 1-800-852-2923	Columbia River Area Agency on Aging 230 N. Georgia East Wenatchee 98802 1-800-572-4459 1-800-833-6388 (TTY)
Ferry	Community Services 42 Klondike Road Republic 9916 509-775-3341	<u>Northwest County</u> Ferry County Community Services 42 Klondike Rd Republic 99166 509-775-3341 <u>Northeast County</u> NE WA Rural Resources Development Association 320 North Main Street Colville 99114 509-684-3932

Franklin	Contact P. O. Box 684 Richland 99352 509-943-6606	Franklin County Senior I&A 1315 North 7th Pasco 99301 509-545-3459
Garfield	—	Garfield County Senior I&A P. O. Box 23 Pomeroy 99347 509-843-3563
Grant	Crisis Line Grant County Mental Health P. O. Box 1056 Moses Lake 98837 509-765-1717 accepts collect calls	Columbia River Area Agency on Aging 230 N. Georgia East Wenatchee 98802 <u>Moses Lake</u> 1-800-572-4459 1-800-833-6388 (TTY)
Grays Harbor	Crisis Line 205 8th Street Hoquiam 98550 360-532-4357 1-800-685-6556	Senior Information and Assistance 2700 Simpson Avenue Suite 205 P. O. Box 124 Aberdeen 98520 360-532-0520 1-800-801-0060
Island	Island County Health Department 410 N. Main , P. O. Box 5000 Coupeville 98239 360-679-7351 from south Island 360-321-4868	Senior Services of Island County 2845 East Highway 525 Langley 98260 360-321-1600 (Voice/TDD) 360-678-3373 50 N. Main Street Coupeville 98239 360-678-8886 141 N.E. Camano Drive Camano Island 98292 360-387-6201 2327 20th Northwest Oak Harbor 98277 360-675-0311
Jefferson	Crisis Line 802 Sheridan, MS 113 Port Townsend 98638 360-385-0321 1-800-659-0321	Senior Information and Assistance P. O. Box 1072 423 Washington Street Port Townsend 98638 360-385-2552 1-800-801-0050

King

Community
Information Line
Crisis Clinic
1515 Dexter Ave. N
#300
Seattle 98109
206-461-3200
1-800-621-INFO
(in county only)

Senior Services of Seattle-King County
1601 2nd Ave., Suite 800
Seattle 98101
206-448-3110
1-800-972-9990

Asian Counseling and Referral Service
(Pacific/Asian and Indochinese Dialects)
1032 S. Jackson, Suite 200
Seattle 98104
206-461-3606

Chinese Information
and Service Center
(Chinese Dialects)
409 Maynard Avenue South,
second floor
Seattle 98104
206-624-4062

Latino Information
and Assistance
(Spanish)
Sea-Mar Community Health Center
8720 14th Avenue South
Seattle 98108
206-764-4716

Kitsap

Crisis Clinic
5455 Almira Drive NE
Bremerton 98310
360-479-3033
1-800-843-4793

Senior Information
& Assistance
614 Division St. MS 5
Port Orchard 98366
360-895-5700
1-800-562-6418

Kittitas

Crisis Line
508 N. Nanum
Ellensburg 98926
509-925-4168
from Cle Elum ,
Roslyn, Eaton
509-674-2881

Kittitas County Senior I&A
206 W. First Avenue
Ellensburg 98926
509-925-1928

Klickitat

Mental Health Clinic
112 W. Main St.
Goldendale 98620
509-773-5801
1-800-235-4765

Klickitat County Senior Services
P. O. Box 1877
White Salmon 98672
509-493-3068
Goldendale
509-773-3757
Outside local areas
1-800-447-7858

Lewis

Human Response
Network
P. O. Box 337
Chehalis 98532
360-748-6601
1-800-244-7414
(in county only)

Sisters of Providence
155 N. Market Blvd.
Chehalis 98532
360-740-8340
1-800-843-3053
P. O. Box 668
Morton 98356
360-496-6300
1-800-247-5872 (TTY)

Lincoln

—

Columbia River Area Agency on Aging
230 N. Georgia
East Wenatchee 98802
1-800-572-4459
1-800-833-6388 (TTY)

Mason

Crisis Clinic
P. O. Box 2463
Olympia 98507
360-352-2211
1-800-627-2211
(north county only)

Lewis/Mason/Thurston Area
Agency on Aging
428 W. Birch
Shelton 98584
360-426-9612

Okanogan

Family Health Center
P. O. Box 1340
Okanogan 98840
(509) 422-5700
1-800-660-2129
(in county only)

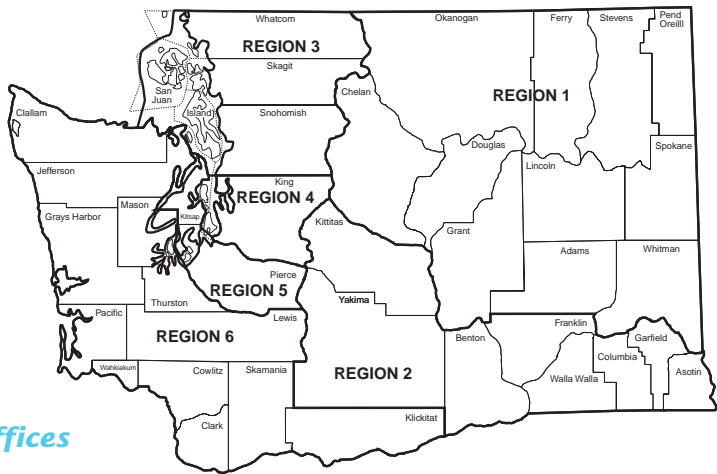
Columbia River Area Agency on Aging
230 N. Georgia
East Wenatchee 98802
1-800-572-4459
1-800-833-6388 (TTY)

Pacific	<p>Crisis Support Network HCR 78 Box 336 Naselle 98638 360-484-7191 1-800-435-7276</p>	<p>Senior Information and Assistance 1-800-801-0060 312 Duryea Raymond 98577 360-942-2177 P. O. Box 603 Ilwaco 98624 360-642-3634</p>
Pend Oreille	—	<p>NE WA Rural Resources Development Association 320 North Main Street Colville 99114 509-684-3932</p>
Pierce	<p>United Way 734 Broadway Tacoma 98401-2215 253-572-HELP (572-4357) 1-800-572-HELP (572-4357)</p>	<p>Senior Information and Assistance 747 Market Street #1036 Tacoma 98402 253-591-5090 1-800-562-0332 Pierce County Aging and Long Term Care 8811 S. Tacoma Way #210 Tacoma 98499 253-591-7236 1-800-642-5769</p>
San Juan	<p>North Islands Counseling and Psychotherapy P. O. Box 247 Friday Harbor 98250 360-378-2669</p>	<p>San Juan Senior Center P. O. Box 951 Friday Harbor 98250 360-378-2677 (Voice/TDD) Orcas Senior Center P. O. Box 18 Eastsound 98245 360-376-2677 (Voice/TDD) Lopez Senior Center P. O. Box 154 Lopez 98261 360-468-2421</p>

Skagit	Skagit County Community Action Agency 613 S. Second Mt. Vernon 98273 360-336-6627	Skagit County Senior Services 315 South Third Street Mount Vernon 98273 360-336-9345 1-800-385-3093 (TDD) P. O. Box 787 Concrete 98237-0787 360-853-8400
Skamania	Department of Social and Health Services 200 Second St Stevenson 98648 509-427-5611	Skamania County Senior Services P. O. Box 369 Stevenson 98648 509-427-9466
Snohomish	Community Information Line Volunteers of America 2802 Broadway Everett 98206 425-258-4227 1-800-223-8145	Senior Information and Assistance 8221 44th Avenue West, Suite E Mukilteo 98275-2847 425-513-1900 1-800-422-2024
Spokane	Crisis Hotline Spokane Mental Health S. 107 Division Spokane 99203 509-838-4428	Spokane Mental Health Elder Services N. 5125 Market Street Spokane 99207 509-458-7450
Stevens	—	NE WA Rural Resources Development Association 320 North Main Street Colville 99114 509-684-3932
Thurston	Crisis Clinic P. O. Box 2463 Olympia 98507 360-352-2211	Lewis/Mason/Thurston Area Agency on Aging 919 Lakeridge Way S.W. Suite A Olympia 98502-6026 360-664-2168

Wahkiakum	Community Informa- tion and Referral Center 42 Elochoman Valley Rd Cathlamet 98612 360-795-3917 (Tues. and Thurs.)	Lower Columbia Community Action Council P. O. Box 2129 Longview 98632 360-425-3430
Walla Walla	Crisis Line 216 S. Palouse Walla Walla 99362 509-522-4278	Walla Walla County Senior I&A 109 S. 2nd Ave. Walla Walla 99362 509-529-6470
Whatcom	Whatcom County Crisis Services 1407 Commercial Street Bellingham 98228 360-384-1485 or 734-7271	Whatcom County Council on Aging 315 Halleck Bellingham 98225 360-733-4030 (Voice/TDD) 360-398-1995
Whitman	Crisis Line 509-332-1505	Council on Aging and Human Services P. O. Box 107 Colfax 99111 509-397-4305
Yakima	Access Central Washington Comprehensive Mental Health P. O. Box 959 Yakima 98907 509-575-3456 1-800-523-2073	Yakima Senior I&A <u>Upper Valley</u> P. O. Box 8327 Yakima 98908-0327 509-575-1080 1-800-572-7354 <u>Lower Valley</u> P.O. Box 1272 Zillah 98953 509-829-3905 Yakima Senior Center 602 N. 4th St. Yakima 98901 509-575-6166
Yakima Nation		Yakima Nation Area Agency on Aging P.O. Box 151 Toppenish 98948 509-865-5121 Ext. 481

**Home and
Community
Services
Regional Offices**



Region 1

Spokane, Grant, Okanogan, Adams, Chelan, Douglas, Lincoln, Ferry, Stevens, Whitman and Pend Oreille Counties
(509) 323-9400 ■ 1-800-459-0421

Region 2

Yakima, Kittitas, Benton, Franklin, Walla Walla, Columbia, Garfield and Asotin Counties
(509) 575-2006 ■ 1-800-822-2097

Region 3

Snohomish, Skagit, Island, San Juan and Whatcom Counties
(360) 428-1434 ■ 1-800-487-0416

Region 4

King County
(206) 587-5620 ■ 1-800-346-9257

Region 5

Pierce and Kitsap Counties
(253) 593-6164 ■ 1-800-442-5129

Region 6

Thurston, Mason, Lewis, Clallam, Jefferson, Grays Harbor, Pacific, Wahkiakum, Cowlitz, Skamania, Klickitat and Clark Counties
(360) 438-8840 ■ 1-800-462-4957



Aging and
Adult Services
Administration



P.O. Box 45600
Olympia, Washington 98504-5600
Toll Free 1-800-422-3263 or
TDD (360) 493-2637 or
Toll Free TDD 1-800-737-7931

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